

## FEMALE INDIVIDUAL PROGRESS CARD

NAME: \_\_\_\_\_

| Week           | Weight (lbs) | Body Fat %<br>(optional) | Blood Pressure<br>(optional) | Measurements<br>(optional) |     |
|----------------|--------------|--------------------------|------------------------------|----------------------------|-----|
| Initial (10/7) |              |                          |                              | WAIST                      | HIP |
| Week 1 (10/14) |              |                          |                              |                            |     |
| Week 2 (10/21) |              |                          |                              |                            |     |
| Week 3 (10/28) | (max 2)      |                          |                              |                            |     |
| Week 4 (11/4)  | (max 2)      |                          |                              |                            |     |
| Week 5 (11/11) | (max 2)      |                          |                              |                            |     |
| Week 6 (11/18) | (max 2)      |                          |                              | WAIST                      | HIP |
| <b>TOTAL</b>   |              |                          |                              |                            |     |

\*Please bring this card each week during official weigh-in